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PAGES 6 & 7



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Monday, February 11, 2013



News
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ADELE IS RIGHT AS RAIN

Adele, left, accepts the award for best pop solo performance for Set Fire to the Rain at the Grammy Awards on Sunday in Los Angeles. Looking on are presenters Pitbull, right, and Jennifer Lopez. More Grammy Awards coverage on page 10, or visit metronews.ca. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

Hovercraft takes students to finals

Windsor Park Collegiate team's design earns them spot in provincial competition PAGE 3

Boring money for Canadians

Bank of Canada picked trains over turbans for new bills. We would've picked cats PAGE 8

Try some Jan Brady-style tough love

Do your kids a favour and tell 'em the truth about their talents (and lack thereof) PAGE 12



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Seven robberies. Spate of crime keeps police busy

Several robberies over the weekend kept police crews hopping this weekend.

Police were called to four downtown businesses on Thursday starting at 12:30 p.m. after reports that a lone male suspect armed with a weapon had made off with money and cigarettes.

The first location was a hair salon on Bannatyne Street. The next calls came from two grocery stores, at 3:45 p.m. and at 5 p.m., both on William Avenue, and at about 5:15 p.m. at a store on Isabel Street.

The male suspect, believed to be responsible for all four robberies, is described as white, 35 to 50 years old, about 5-foot-6 or 5-foot-8 in height, salt and pepper short hair, with a moustache/goatee and an average build.

Meanwhile, police are tracking other suspects after three more robberies within eight hours of each other.

The first happened at a restaurant on McPhillips Street at about 7:30 p.m. Saturday, where a white male, about 30, entered the building with a weapon and demanded money from three employees, according to police. He fled.

The second was at a gas station on Portage Avenue where an aboriginal man, 20, with a scar under his left eye, brandished a weapon around midnight and demanded money and cigarettes from the lone male clerk, police said. He also ran away.

And at about 4 a.m. Sunday morning, police said an aboriginal man with short dark hair and a small black moustache walked into a convenience store on Ellice Avenue and demanded money and cigarettes as well. He ran away.

Anyone with information is asked to call Crime Stoppers at 204-786-TIPS (8477). **METRO**

Gio's. Downtown GLBT bar to close after 31 years

One of Winnipeg's longest-running GLBT bars is closing after 31 years.

Gio's Club and Bar told media and patrons Saturday the bar's last day will be on Feb. 16.

The bar blamed a more open, gay-friendly society and social networking as part of the reason behind the club's financial difficulties over the past five years.

"The prevalence of social networking, a more open and accepting society and a significant loss of patronage to competing interests are factors which account for much of the loss," reads a statement posted on the club's Facebook page.

"Several long-time GLBT clubs across Canada have



Gio's on Smith Street
BRENT YOUNG/FOR METRO

closed largely for the same reasons in recent years."

In addition to financial difficulties, the Oscar Wilde Memorial Society Inc. (OWMS), which has run Gio's on a volunteer basis since 1982, said the property owner at 155 Smith St. wants to demolish the building and redevelop the site. **METRO**



Train derailment cleanup

Crews worked throughout Saturday to clean up the mess after a train derailed near the Jubilee overpass. CN said eight cars derailed shortly after the train left a rail yard nearby, with six cars toppling over. The derailed cars were carrying household goods and posed no danger. Steel beams from a nearby car also fell. The cause is under investigation. **HOWARD WONG/FOR METRO**

Feds give women's centre a \$204K grant

Government funding.

More than \$240,000 is being directed to the Ellice Avenue West Central Women's Resource Centre's HOME program



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A federal government grant of more than \$204,000 will allow staff and volunteers at a Winnipeg women's centre to focus on the work they're doing and not worry about program funding for the next three years.

Canada's Public Safety Minister Vic Toews, also MP for Provencher, announced the funding for the Ellice Av-

enue West Central Women's Resource Centre on Friday.

The \$204,710 is being directed to the Centre's HOMES program, which stands for Housing Options, Mentorship and Economic Security and trains women in housing and income concerns from the surrounding community as volunteer mentors who then help others.

"(Participants) will become more aware of community resources and networking opportunities, which will help them more fully participate in their own community," said Toews, adding the economic security of women often means the economic security of families.

"I want to specifically thank the centre for the work that they are doing here in this area of Winnipeg."

Ngozi Nwosu, HOMES program co-ordinator, said



Canada's Public Safety Minister Vic Toews speaks with staff at the West Central Women's Resource Centre after announcing a \$204,710 grant for the Ellice Avenue organization. **BERNICE PONTANILLA/METRO**

that since the program's inception, hundreds of women have received support on issues like sub-standard housing, bed bug infestations and rental rates increases.

"All our mentors are community women themselves who are now in a position to assist other women to improve their own situations," added Nwosu.

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NEW ACRONYM FOR THE JETS?



WHAT'S GOOD
Ace Burpee

If any of us are lucky enough to enjoy a massive platform capable of influence, let's hope we do what the Winnipeg Jets have done.

They're the biggest thing in town and don't technically NEED to do anything beyond just running their business. That said, they could always just throw some money at a few different organizations and hold a press conference to say they've done so — the media will bite, and they walk away heroes.

The fact they've decided to throw their sizeable reach, influence and endorsement power behind Mental Health Awareness with Project 11 is a big deal. It's a big deal to me, a big deal to many suffering and a big deal to the organizations on the front lines.

You are going to see booths — from the Anxiety Disorders of Manitoba, The Manitoba Schizophrenia Society, Mood Disorders Mani-

toba and the WRHA — set up at every home game in February. These are groups willing to help you, a loved one, a family member or a friend who may be in need. Don't be ashamed or embarrassed to stop and talk to these people or to pick up some literature on the subject. It's OK.

By committing themselves to providing a platform for discussion, acceptance and resources for mental health, it's not a stretch to say the Jets can literally save a life. Perhaps even ahead of Kyle Wellwood, this is now my favourite thing about this hockey team. We may be talking about mental health and mental illness more than we did previously, but there is still a massive stigma that comes with it.

If it's OK for the Jets to talk about it, then it'll be OK for a few others to seek help who, until now, have suffered in silence.

J.E.T.S. — Just Eliminate The Stigma.

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RCMP investigation. Winnipeg cop accused of sexually assaulting child

A Winnipeg police officer is facing sexual assault and sexual interference charges following an RCMP investigation.

The charges stem from an alleged incident in the Rural Municipality of Rockwood in 2006 involving a then-10-year-old boy.

RCMP said they were notified about this incident in August 2012, and the subsequent investigation by the Winnipeg RCMP Major Crime Unit led to the arrest on Thursday of Kenneth Jack Anderson, 52, a

member of the Winnipeg Police Service.

RCMP said the charges were laid following a formal consultation with the Manitoba Prosecution Service.

Anderson has been released on a promise to appear in court and must have no contact with the complainant, who is a youth and therefore will not be named publicly.

RCMP said the accused is scheduled to appear in Teulon Provincial Court on Monday.

METRO



The team of Grade 11 and 12 Windsor Park Collegiate students with the remote-controlled hovercraft they've created, which they hope will one day help police safely search for human remains at dangerous locations, such as landfills. SHANE GIBSON/METRO

Student hovercraft aims to make grisly searches safer

Hands-on learning.
Idea takes Windsor Park Collegiate team to competition finals



SHANE GIBSON
shane.gibson@metronews.ca

A group of Windsor Park Collegiate students hope a hovercraft they've designed and built for a provincial competition may one day be used to help police search for human remains at hazardous locations, such as landfills.

The roughly foot-long remote-controlled hovercraft,

Boredom begone

"It's given them all the skills that you're supposed to get through school and it's a different way to get them." Chris Lafrance, Industrial Arts teacher at Windsor Park Collegiate

which they've called "Buried Hope," took the team of seven Grade 11 and 12 students about four months to make and has won them a spot in the final round of the Canadian Manufacturers and Exporters' (CME) Discovery Program.

While their working fiberglass prototype is equipped with a metal detector to demonstrate the machine's searching capabilities, the

students would like to one day see a larger hovercraft built, equipped with Ground-Penetrating Radar able to alert searchers to remains buried in contaminated areas.

"We're trying to remove people from the hostile search areas," explained 16-year-old Grade 11 student Robert Harms. "This way we can eliminate any danger to people doing the search."

The Discovery Program competition is designed to give students a first-hand experience in the manufacturing process, from research and development right through to the product launch, according to the CME website.

In addition to building the hovercraft, the students are also responsible for creating a business plan, which is graded and included in their final score.

The Windsor Park team came in third place in the semifinals last month and is now among 12 teams competing in the final round held at the Winnipeg Convention Centre on March 19.

METRO MONDAY

madness

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Digging out after the storm



Keith Tobin hauls a bucket of snow down the street while shovelling out his car in Boston, Sunday.

WINSLOW TOWNSON/THE ASSOCIATED PRESS

Dangerous weather.

At least 11 deaths in the U.S. and four in Canada are blamed on the snowstorm

About 310,000 homes and businesses remained without power Sunday as the U.S. Northeast and Canada dug out from a blizzard that dumped up to a metre of snow on the most densely populated part of the region. The death toll was at 15.

Some motorists had to be rescued after spending hours stuck in wet, heavy snow. Utilities in some hard-hit New England states predicted that the storm could leave some customers in the dark at least until Monday.

"We've never seen anything like this," said county official Steven Bellone of New York's Long Island, where hundreds of drivers had been caught on highways by Friday's fast-moving storm. Local police said Sunday that all known aban-

Heavy stuff

"It's like lifting cement."

Michael Levesque, who was shovelling snow in Massachusetts.

doned cars were searched and no one needing medical help was found.

At least 11 deaths in the U.S. and four in Canada were blamed on the snowstorm, including an 11-year-old boy in Boston who was overcome by carbon monoxide as he sat in a running car to keep warm while his father shovelled Saturday morning.

Roads were impassable, and cars were entombed by snow drifts. Some people

couldn't open the doors of their homes.

Blowing with hurricane-force winds, the

storm hit hard along the heavily populated corridor between New York City and Maine.

New York City's three major airports — LaGuardia, Kennedy and Newark, New Jersey — were up and running by late Saturday morning after shutting down the evening before. Boston's Logan Airport resumed operations late Saturday night.

Most of the power outages were in Massachusetts.

THE ASSOCIATED PRESS

Liberal leadership

MP wants to help indebted students

Liberal leadership hopeful Marc Garneau would do away with the current requirement that post-secondary students begin paying off student loans six months after graduation.

The Montreal MP would give students an indefinite grace period, requiring graduates to start repaying loans only after they've found work paying \$40,000 per year.

THE CANADIAN PRESS

Struck by falling net

Boy, 9, killed in hockey accident

A nine-year-old boy is dead after an accident at an outdoor rink in a municipality northeast of Montreal.

Quebec provincial police say the boy was playing hockey alone at around 9 a.m. Saturday when a hockey net fell on top of him. Two municipal workers in Saint-Severin found the boy lying on the ice, underneath the net. THE CANADIAN PRESS

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Deadly stampede. At least 31 dead, dozens injured at Hindu festival

At least 31 people were killed and dozens more injured Sunday after a stampede broke out at a train station in the northern Indian town where millions of devout Hindus gathered for a religious festival, a medical superintendent said.

Pawan Bansal, India's Railway Minister, told reporters that the stampede took place as massive crowds flooded the Allahabad train station on Sunday evening.

News reports said the large crowds caused a section of a footbridge at the station to collapse, leading to the accident. Padmakar said 23 of the dead

were women.

News reports said tens of thousands of people were at the train station at the time. Television showed large crowds pushing and jostling as policemen struggled to restore order.

An estimated 30 million devotees were expected to take a dip at the Sangam, the confluence of three rivers — the Ganges, the Yamuna and the mythical Saraswati — on Sunday, one of the holiest bathing days of the Kumbh Mela, or Pitcher Festival. The festival lasts 55 days and is one of the world's largest religious gatherings.

THE ASSOCIATED PRESS



An injured woman who survived a stampede on a railway platform is carried away in Allahabad, India, Sunday. KEVIN FRAYER/THE ASSOCIATED PRESS

African aid

Canadian gov. grants funding to anti-gay group

An evangelical organization that describes homosexuality as a "perversion" and a "sin" is receiving funding from the Government of Canada for its work in Uganda, where gays and lesbians face severe threats.

The federal government has denounced virulent homophobia in that East African country, and Foreign Affairs Minister John Baird has condemned plans for an anti-gay bill that could potentially include the death penalty for homosexuals.

At the same time the government is providing \$544,813 in funding for Crossroads Christian Communications — an Ontario-based evangelical group that produces television programming — to help dig wells, build latrines and promote hygiene awareness in Uganda through 2014.

The organization is being funded by the Canadian International Development Agency.

THE CANADIAN PRESS

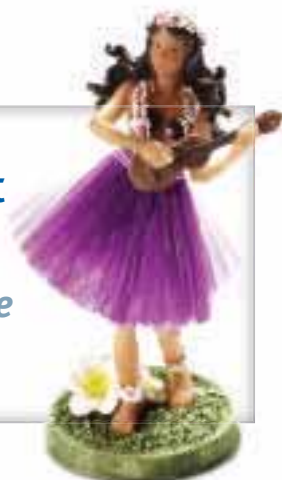


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In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as ancient Egypt and as recently as every other pop song. A love letter is meas-

ured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that,

the short hand and acronyms we use while typing don't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt.

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

MICHELLE CASTILLO/
METRO WORLD NEWS

MATCHMAKER,

Traditional dating.
The ancient art of matchmaking is alive and well, even in today's digital world

ANNALISE
KLINGBEIL
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending \$2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client, and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an On-



Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

tario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, plus the time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Amanda Meyer is leery of the online dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try, and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't falsely advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in Chicago more than two decades ago in a pre-Internet age and since then, "it's just con-

Learn from the masters

Great moments in love-lettering

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

Advice, free of charge

First-date dos and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and

Melissa Brown offered these tips:

Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics.

"Not diving into political discussions or talking about ex-relationships," Brown recommended.

Do be on time. "First impressions are really everything," Brown said.

Do keep the first date short. "Chances are you'll find out halfway through

the dinner if you're interested," Walter said.

Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

Don't be negative, Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

Do mind your manners. "Gentlemen, play the role of a gentleman; and women, be lady-like," Ray said.

METRO

The way we were

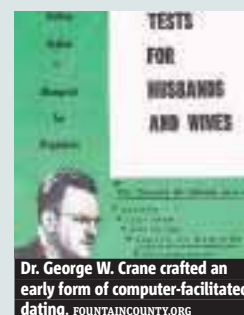
A history of dating services

- **1700:** The first personal ads are placed in British newspapers to match singles in their early 20s.

Dating goes higher-tech.

BIBLIOARCHIVES/LIBRARYARCHIVES/FLICKR

- **1941:** A statistics-based dating/matchmaking service is opened in Newark, N.J.



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH



Good-old-fashioned matchmakers say online dating can't compare to the personal touch they offer. HEATHER MCINTYRE/METRO

tinued to grow," Brown said.

"Even with the introduction of the Internet and online dating services, you still really, truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in

Eastern Europe and Russia, as famously portrayed in the musical *Fiddler on the Roof*. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range

in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity.

"Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH



PERSONAL PERSPECTIVE

Darren Krause
darren.krause@metronews.ca

I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so to speak. I paid about \$20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon their first encounter. I feared I would be "matched" instead of loved.

Just not feelin' it

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation, I went to a Halloween party. Of course, a man had to have a stand-out costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that, in those areas, it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily re-married. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end result remains the same: love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

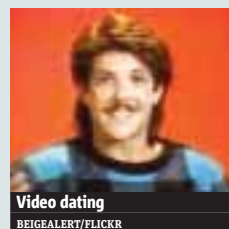
I felt it was something a computer just couldn't match.

- **1957:** Dr. George W. Crane creates a computer dating service, in which applicant forms are processed by an early IBM card-sorting machine.



- **1965:** The Dating Game, in which one woman questions three men she can't see, debuts on TV.

- **1980s:** Video dating, in which users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.



Tomorrow: The rise of online dating sites and services



The search for love took our columnist online before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

Cellphone contracts. CRTC begins public hearings on wireless code of conduct

The hot-button issues Canadians have with cellphone contracts — roaming fees, ability to unlock handsets and three-year contracts — will get another opportunity to be heard this week.

The CRTC will hold a week of public hearings starting Monday on its proposed wireless code. The regulator is aiming for a set of national standards for the content and clarity of cellphone contracts.

In the lead-up to the hearings, to be held in Gatineau, Que., Canadians have again made it clear they don't want three-year contracts offered by wireless carriers.

Washington, D.C.

Cyberattacks could hit 95% of private sector networks: Committee chair

The U.S. is vulnerable to cyber attacks that could shut down financial services or destroy information that companies need

Contract rage

- The CRTC has said it heard a lot of "anger" from Canadians about three-year contracts when it was putting together the draft version of the national code for wireless services, released last month.

"Eliminate three-year contracts," said a comment submitted on the online forum for the Canadian Radio-television and Telecommunication Commission's draft wireless code.

THE CANADIAN PRESS

for daily operations, the chairman of the House Intelligence Committee said Sunday. Rep. Mike Rogers said 95 per cent of private sector networks are vulnerable, and most have already been hit. What's being stolen? Personal identities, money from banks and blueprints for next-generation jobs.

THE ASSOCIATED PRESS

Boring banknotes: How BoC nixed images of gays, blacks

Plastic currency.

Research firm was paid \$476K for illustration ideas, but bank went with traditional pics

The Bank of Canada considered celebrating gay marriages, black hockey players and turban-wearing RCMP officers on its new plastic banknotes — but eventually nixed them all in favour of the more traditional images of a train, a ship and a monument.

Internal documents show that focus groups and a Bank of Canada team reviewed a series of currency images intended in part to reflect the diversity of Canada's population, particularly the country's varied ethnic character.

Images that were considered included a Chinese dragon parade, the swearing in of a new citizen, Toronto's annual Caribbean festival, children of different ethnic backgrounds playing hockey or building a snowman, and a person in a wheelchair playing basketball.



The \$100 bill was the first in the Bank of Canada's new series of polymer banknotes. A market research firm hired by the bank found strong support for illustrating the plastic currency with images reflecting Canada's diversity. But in the end, traditional images such as a train, a ship and a monument ended up on the banknotes. THE CANADIAN PRESS FILE

The image catalogue was drawn up in 2008 by The Strategic Counsel, a market research firm hired for \$476,000 to help the bank decide how to illustrate its new series of polymer \$5, \$10, \$20, \$50 and \$100 bills. The first note, the \$100, began circulating in November 2011.

In focus-group discussions and workshops with Canadians in six cities, the consultant found strong support for themes of "diversity, inclusiveness, ac-

ceptance of others/multiculturalism." Eventually, 41 image ideas covering several themes were tested and given scores.

Many images proposed at the start of the process did not make the cut. Rejected were illustrations of a gay marriage, an RCMP officer wearing a turban, and "hockey with a twist ... with a black player."

The reasons for early rejection are not clear in the heavily censored documents, obtained by The Canadian Press under

What made the cut

- The \$5 note will show robotic arms built for space programs and the \$10 note, a train. The \$20 note depicts the Vimy Ridge memorial in France, while the \$50 has a picture of an icebreaker.

the Access to Information Act.

The Strategic Counsel reports and image lists from 2008 contain other sometimes surprising elements that did not make the grade:

- Images of hockey were rejected by some as they would "glorify a violent sport."
- A suggestion to depict ice wine was rejected by some because "alcohol should not be shown on bank notes."
- Images that included snow "may become more controversial should global warming progress," and are best avoided, said some.
- Pictures of wind turbines and solar panels were rejected because "clean energy is a controversial concept."

THE CANADIAN PRESS



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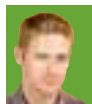
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STUCK IN THE MIDDLE WITH YOU, WINNIPEG



URBAN COMPASS
Colin Fast
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Like a lot of mid-sized cities, Winnipeg has the classic middle-child syndrome. We're not a booming metropolis, and not a small town, so we're constantly comparing ourselves to other places to see

where we fit in.

And for much of my life, it seems Calgary has been the benchmark. They had Ikea, light rail, an actual skyline, and about half of our classmates from high school. How come we couldn't have what they had?

Now this obsession made some sense back in the '80s, when the two cities were similar in size and both our hockey teams played in the Smythe Division.

But after spending the past week in Calgary, it's clear that we're not even in the same league at this point.

The in-between scene

Yes, this place is gritty and tough at times, but it also has some small-town charm and heart that's hard to find in a major centre.

With over 1.2 million people — and growing — in its metropolitan area, Calgary is two-thirds larger than Winnipeg. It's home to the second-largest number of head offices in the country. And, to an outsider, it looks like half the city was built in the last six months.

I'm exaggerating of course, but a few of the buildings that have opened recently include Western Canada's tallest

skyscraper, Alberta's biggest hospital and Canada's largest skills training facility. Total price tag for the three? \$3.1 billion, with a 'B.'

Which isn't to say that everything is shiny and happy. Most notably, all these new people and new developments have brought with them a whole lot of new traffic.

Even the far-flung suburbs have cars stacked up during rush hour, the freeways grind to a standstill, and radio stations carry traffic reports 24 hours a day.

The rapid growth has also made it difficult for people to keep up with what's going on in their city. For example, I asked a couple of colleagues for directions to a fairly major new shopping area, and they'd never even heard of it. And people who live in the southwest have no idea how to navigate the northeast, because it's like another place altogether.

Is that what we really want as our benchmark? I mean, new buildings are nice, but personally, I'm proud I know Winnipeg well enough that I can find my way to a strip mall or rec centre in Transcona as easily as I can locate Polo Park or MTS Centre.

And while our traffic is annoying at times, that's usually because a quick fix (change the timing on that light, restrict turns at that intersection) is obvious to everyone.

My point is that bigger isn't always better when it comes to urban life, and sometimes being the middle child isn't so bad.

Yes, this place is gritty and tough at times, but it also has some small-town charm and heart that's hard to find in a major centre.

And besides, we've finally got the Ikea now, so maybe we can just get comfortable in our own skin and concentrate on making this city run better, instead of jealously looking to the west all the time.

Waterspout something to sea



ISABELLE FILIPPINI/SOLENT

Ocean view

Phenomenon a yacht to take in

It's every sailor's nightmare, but for everyone else a waterspout makes for a jaw-dropping photo.

Here, off the coast of the French island of Corsica, a colossal whirling vortex appears perilously close to a small yacht drifting on the Mediterranean.

Quick-thinking vacationer Isabelle Filippini grabbed her camera to capture the spectacle.

METRO

Waterspout facts

- **Formation.** Created when layers of cool air blowing over the water cause warm, moist air to surge up from underneath.
- **Not sea water.** For a long time, scientists thought the revolving mass of water in a waterspout was in fact from the sea — it's actually a spray of cloud water or condensation.

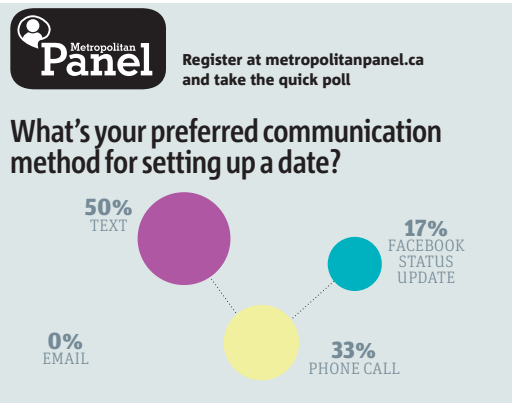
Shutter-happy

"My family and I had been admiring the sea, despite the low clouds. Then, all of a sudden one of the clouds was pointing towards the sea and I realized it was forming a tornado. I was amazed as the waterspout touched the sea."

Isabelle Filippini, 43, from Paris



Leo LaTuque hangs out with some kids at the Festival du Voyageur in Winnipeg. DAN HARPER/HANDOUT/THE CANADIAN PRESS



Twitter

@STATS_WINNIPEG: 1 in 7 Uncles in Winnipeg claim to have dated Sylvia Kuzky back in the day.

@NellyonCBC: First time I paid for coffee at Tim Hortons and I didn't get pennies back. It's officially gone. #goodbye penny

@NoleGirlKel: "Go back to Toronto!" "I'm from Winnipeg you idiot."

@AlexandreC: Any language lovers in #Winnipeg interested in having a #Language Club?

@accordingtomio: My pancakes look weird. Mom does a batch, they're perfect. I give up on pancakes. I need iHop to deliver.

@TyrelleMckoy: Everyone in Winnipeg is connected it's f-ked



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Looking fine in a Suit & Tie



Justin Timberlake makes a return to the stage at the Grammys on Sunday night. GETTY IMAGES

Grammy Awards.

Canada's Drake takes home award for best rap album, while Justin Timberlake tests out new material on stage

Critically lauded R&B crooner Frank Ocean won his first-ever Grammy trophy Sunday night, while a spry Justin Timberlake returned to the stage after years away for a stylized take on two new songs.

The 25-year-old Ocean entered the Grammy Awards with six nominations for his ambitious, contemplative debut commercial release *Channel Orange*, and he picked up his first award for best urban contemporary album early in the

show.

"I hear ... the way you disarm audiences is by picturing them naked, but I don't want to do that," the L.A.-based singer said softly.

"I want to say thank you to my mother for being the best," he added, as his teary-eyed mom was captured clapping along.

But fun. bested Ocean in the best new artist category, an award he was buzzed to win. The band's lead singer, Nate Ruess, says he didn't expect his group to win. They were also up against Alabama Shakes, Hunter Hayes and The Lumineers.

In other news, the Grammys seemed to lose Canadian Carly Rae Jepsen's number, as her earworm smash *Call Me Maybe* was overlooked for both song of the year and pop solo performance.

Fun's irrepressible anthem *We Are Young* instead took top song trophy, and soon-to-be 31-year-old frontman Nate Ruess had a clever crack ready.

"Oh God. I don't know what I was thinking writing the chorus for this song — if this is in HD, everyone can see our faces and we are not very young," said Ruess, whose band performed *Carry On* amid an impressive fake downpour.

"We've been doing this for 12 years and I've just gotta say that we could not do this without the help of all the fans we've had keeping us afloat...."

"I guess we've felt like your best-kept secret. So thank you guys so much."

Taylor Swift kicked off the show with an Alice in Wonderland-inspired rendition of her hit *We Are Never Ever Getting Back Together*.

Timberlake's had a monochromatic performance — literally. As he took the stage, the image went suddenly monochromatic as the tuxedoed singer moved slickly while surrounded by dancers steeped in old-school L.A. glamour.

Toronto rapper Drake finally claimed his first-ever Grammy Award out of 12 nominations. The 26-year-old took his inaugural hardware in the best rap album category, with his sophomore hit *Take Care*.

THE CANADIAN PRESS

Big winners

- Song of the year. *We Are Young*, fun.
- Rap album. *Take Care*, Drake.
- Rock album. *El Camino*, The Black Keys
- Best new artist. fun.
- Record of the year. *Somebody that I Used to Know*, Gotye.

Exclusively online

For a full list of Grammy winners visit metronews.ca.



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Taylor Swift

Country music rivals keep a distance at Grammys

Taylor Swift's love life isn't the only source of tension in the 23-year-old singer's life. She apparently also has some issues with her country music rivals.

Producers at this week-end's Grammy Awards were reportedly ordered to keep Swift and Carrie Underwood "from crossing paths since they hate each other," sources tell Us Weekly. "Taylor feels Carrie is always rude to her, so she steers clear of her." Reps for the awards show, though, insist that "no requests were received from either artist."



Charlie Sheen

Sheen reaches out to suspected killer

While suspected killer and former LAPD officer Christopher Dorner is still on the lam, at least one celebrity wants to help him out. Charlie Sheen, who is mentioned briefly in Dorner's lengthy manifesto, has recorded a video message reaching out to Dorner, who is being sought in the murder of three people, according to E! News. "You mentioned me in your manifesto, so thank you for your kind words. I am urging you to call me," Sheen says in the clip. "Let's figure out together how to end this thing. Call me. I look forward to talking to you." In the manifesto, Dorner writes, "Charlie Sheen, you're effin' awesome." He also pays tribute to Ellen DeGeneres, Serena Williams, Natalie Portman and Jon Stewart.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



PETA demands Beyoncé's skin



STARGAZING
Malene Arpe
scene@metronews.ca

PETA is chastising Beyoncé for wearing a halftime outfit made of python and iguana. Just wait until PETA sees her costumes for the upcoming tour: a wolf bra, two pairs of dolphin-skin shoes with sea turtle heels, a baby polar bear cape (estimated amount of baby polar bears required: 12 to 17) and an Illuminatiger hat.

Justin Timberlake denies calling Britney "bitch." Says Justin, "Can't a person have a conversation about World War II and the British blitz?"

Alexander Skarsgard and Jack McBryer are observed having lunch together. Which explains the sudden weird upsurge in Kenneth the Page and Eric Northman fan fiction.

Dolce and Gabbana releases a fragrance exclusively for babies. Great Szantorwx, God of Destruction, Malevolence and Infant-related Justice, Earth is ready for your ruling.

This week in Events That Make You Loathe Your Own Family Just A Bit Little Less. 1) Tanning Mom gets drunk

and falls down in a nightclub. 2) Bobbi Kristina Brown asks people not to buy her grandmother Cissy Houston's "disrespectful" tell-all Remembering Whitney. 3) Three members of a Nova Scotia family are arrested for smoking and belligerence on board a flight to the Dominican Republic. 4) A Belgian tattoo artist inks his name in giant letters on his girlfriend's face one day after they met. 5) Octomom gets panicky and calls the school when she can't locate one of her kids, who is later found to be taking a nap at home. 6) Three years after they split, Christina Aguilera's husband is finally moving his stuff out of her house.

Calvin Klein's ex-boyfriend Nick Gruber says one of the women from Mob Wives: Chicago threatened to kill him with a screwdriver. Honey Boo Boo, a selection of Swamp People and the entire smoking family from Nova Scotia are all, "no, that's too much."

Celebrity math. Question: If Lindsay Lohan really didn't know that she owes her former lawyer \$150,000 and Adele buys her mother a \$950,000 apartment while Harry Styles gets a stripper for his 19th birthday, why was Richard III found in a parking lot? Answer: Because Donald Trump sued Bill Maher for \$5 million over a joke.
TORSTAR NEWS SERVICE

Emma Watson sticking up for pal Stewart

Harry Potter alum Emma Watson is standing up for pal Kristen Stewart in the fallout from the Twilight star's cheating scandal last summer. "Those who criticized her are the same people that think being rich and famous is like being covered in some kind of magic powder that makes life perfect. Nothing can go wrong in your wonderful

world," Watson tells Vanity Fair. "Everyone makes mistakes, everyone. On one hand, I can understand why it happened: people felt really involved in her relationship with Robert Pattinson. But it's also true that they both have done everything in their power to keep their relationship as far from the public eye as possible."

Twitter



@tyranks

Glamorous nights are nice. Reading a book by the fireplace might just be a bit more glamorous for a girl like me. Nighty nite.



@kirstiealley

and lastly, from my pulpit, we have ALL done creepy things. I stress the word ALL. And we would ALL like to be forgiven. Stepping down now



@MarkDuplass

motion to expunge the word "moisten" from the english language. we could also do without the word "expunge" while we're at it.



@MatthewPerry

I'm always thrown when people tweet things that are deeply personal. Why? Why would they do that? I mean, my pants are around my ankles.



Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown in the headlines again

It looks like Chris Brown's luck isn't getting better anytime soon. The scandal-plagued singer was involved in a car crash this weekend, totaling his car but escaping uninjured, according to E! News. Brown was alone at the time and reportedly told police that he was being chased by paparazzi prior to the crash. "Chris Brown was in a car accident this afternoon after being ruthlessly pursued by paparazzi," his rep says in a statement. "Two vehicles cut him off. The occupants jumped out, with cameras, and aggressively approached his vehicle. In an effort to remove himself from the situation, he began to back down an alley, at which point his way was cut off by two additional vehicles."



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Bullying

Canadian view

A survey by Big Brothers Big Sisters of Canada and Invesco Canada Ltd. provides insight into how Canadians view bullying.

Seventy-eight per cent of Canadians say not enough is being done to stop bullying and 94 per cent say teachers and school administrators

share responsibility in trying to curtail the problem.

Among bullied Canadians, 72 per cent said they were teased in a way to humiliate and 71 per cent experienced verbal abuse and taunting. Meanwhile, among bullied Canadians who suffered lasting harm, effects included lack of confidence, low self-esteem, depression, anger management issues and poor academic achievement. **METRO**



Seventy-eight per cent of Canadians say not enough is being done to stop bullying. **ISTOCK**

Exclusively online

Mommy remembers when restaurant dining involved dropping \$200 on a meal she couldn't pronounce. Now it's all about free refills, paper tablecloths and a menu featuring photos of the entrees. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Move over Marcia, Jan has an important lesson for parents

Failure. A classic episode of *The Brady Bunch* shows how vital it is to let your kids realize they aren't good at everything



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

I loved *The Brady Bunch* as a child, but after re-watching a certain episode, I love it even more as a parent.

It featured middle daughter Jan Brady (the family's perpetual loser) trying to discover if she had a natural born talent ... for anything.

Predictably, and much to her teen despair, she failed at many different things (ballet, tap dancing, being a drum majorette, acting in the school play).

Mom Carol Brady said to husband Mike, "Poor Jan. She's really miserable. I hate to see her going through this." To which he grunted unsympathetically, "She'll have to figure it out."

I loved this. Today, do we



Like Jan on the *Brady Bunch*, kids have to learn that failure is a part of life. **ABC PHOTO ARCHIVES**

ever let our kids "figure it out" for themselves? We constantly tell them they're good at everything, in a world where it's virtually impossible to fail a class. Or we have them participate in sports where no score is kept and no one ever loses.

On the show, it's Jan's sympathetic siblings who challenge and deliberately lose to her at a number of activities — ping pong, Monopoly. But, of course, she eventually discovers what they're doing and becomes convinced she's an even bigger loser.

Is this the risk we as parents take if we continue to prop our kids up with false praise, and an "everyone's a winner at everything" attitude?

They quickly learn the truth about their talents when they leave the house for a post-secondary education or into

the real working world, where discipline and criticism can be harsh.

Preparing our children for disappointment and failure is one of the lessons we might want to have them learn at home, rather than from a disgruntled professor or angry manager.

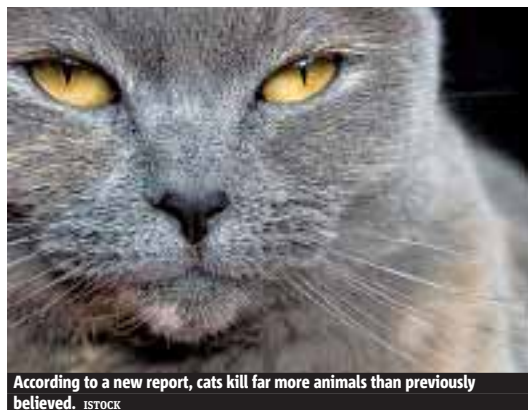
American Idol is a great example of what can happen if you aren't honest with your children and you send them out onto the stage to fail.

My kids are terrible singers. I am a terrible singer. Their father is a terrible singer. It's just who we are, and we all know it. They won't be those show contestants who are painfully awful, but are convinced they're the next Kelly Clarkson because their mom says so.

By all means, we should be encouraging our children when they find what they're good at — we should be their biggest cheerleaders — but let's make sure we're not cheering them on to great public failure. After all, not everyone can be a perfect drum majorette like their big sister Marcia.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Is your family feline a natural-born killer?



According to a new report, cats kill far more animals than previously believed. **ISTOCK**

KIERON MONKS

Metro World News in New York

Little Tiddles is fluffy, adorable ... and murderous.

A report from the Smithsonian Conservation Biology Institute found cats kill far more animals than was previously believed — four billion birds and 20 billion mammals a year just in the United States.

We spoke to lead researcher Dr. Scott Lost.

Which cats are the biggest killers and why?

We estimate that unowned cats, including barn cats, stray

cats, cats in subsidized colonies and cats that are completely feral are responsible for 69 per cent of bird mortality and 89 per cent of mammal mortality. The predation rates by this group average three times greater than rates for owned cats.

How many kills might a pet cat make in a year?

The best available data suggests that owned cats kill between four and 18 birds and 11 and 30 mammals per year. This is before accounting for prey items that cat owners and researchers are unable to detect, so the numbers are probably higher.

Unowned cats — because they spend 100 per cent of their time outdoors — kill 23 to 46 birds and 140 to 330 mammals per year, on average.

But we know cats are predators — why should we worry?

In the U.S., there are no native predators that are comparable to domestic cats. Thus, cats represent a novel predator and threat to wildlife. The data suggests that native bird and mammal species — as opposed to "pests" — make up the majority of the species preyed upon by cats. More research is needed to determine which species are most vulnerable to cats.

Could their workplace woes be leading somewhere more serious?

The lows of labour.

Learn to spot the signs of staff discontent before they lead to staff dissent

JULIA WEST

Metro World News in Philadelphia

There's a difference between an employee with the Monday blahs and one who is continuously unhappy and disengaged.

Not only should employers be able to spot the difference, they should know how to reverse the problem before it's too late.

Sign: Distrust of management

"If you find that your employees trust politicians more than your senior management, you have a problem," says Morgan Norman, founder and CEO of WorkSimple.



Give the poor guy a sign that you know he's going the extra mile. iStock

This can lead to poor productivity.

"If employees aren't trusting," he adds, "they won't put themselves into their

work."

Solution:
Cultivate a culture of trust
When you provide a safety

net for your workers, they are more apt to try new ideas and produce better results. Show them that you believe in their work.

Sign: Long lunches and increased absences

If you notice an employee who can barely show up for work, you are likely seeing someone who is not interested. "This may be a sign that someone is using the time for job interviews," warns Christine Endres, Branch Manager for Robert Half International in Philadelphia.

Solution: Re-evaluate this person's work

Could this be a matter of someone who is simply overworked and under-appreciated? Are they getting the recognition that they fairly deserve?

"Failure to recognize employee achievements, excessive workloads for long periods of time and fear of job loss can negatively impact employee morale," says Endres. Take action and communicate before you risk losing a dedicated worker.

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Embrace and enhance your CV superpowers



It never hurts to write a crisp cover letter that points to some of the important features in your resumé. But keep it short and sweet, says Maureen McCann, an award-winning resumé writer. ISTOCK

Make that paper pop. Take the ‘zzz’ out of ‘resumé’ with these six easy-to-follow guidelines

YLVA
VAN BUUREN
careerbear.com

In today's competitive marketplace, a winning resumé is your sales pitch. It's your first shot at convincing the potential employer that you are, hands-down, the best candidate for the job.

It's not just about listing all the jobs you've ever held, says Maureen McCann, mypromotion.ca, an award-winning resumé writer. It's about strategically highlighting your expertise and achievements — for the potential employer.

Here are some guidelines.

Research

"Do your research about the hiring organization so you understand what they're looking for and how to focus your information," says McCann. Talk to people in the industry,

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.
- Looking to move up? Write a resumé that'll get you noticed for that \$80,000-a-year position. Visit The Man Blog at metronews.ca to learn how.



carefully read the job posting and target your message by identifying what value you have to bring to the employer's table.

Determine a resumé style

If you're writing your own resumé, check online for resumé templates that you can start with — and then revise one to make it your own. The website youth.gc.ca explains that there

are three basic styles:

- A functional resumé focuses on skills, highlighting transferable skills gained from previous jobs, activities, experiences or volunteer work. This is recommended if you do not have a long work history.
- A chronological resumé focuses on work history, showing work experience and focusing on positions you've had and responsibilities and accomplishments. It's usually organized with the most recent information first.
- A combination style combines elements of both but also includes dates, titles and other information from different positions. This is a good style when you want to prioritize your skills but also demonstrate how your career has evolved.

Use an easy-to-read style

Breaking out information into small separate sections with specific headings is always easier to scan and read. You could start with a value proposition, says McCann. "I might describe someone as 'strategic, outgoing or award winning'... and then go into describing things that I

know the employer is looking for." If you know the company wants someone with five key skills, says McCann, be sure to list those five skills upfront.

Demonstrate your qualities

Include the functions you did in your past jobs, but also describe how what you did helped to change or improve the organization, says McCann. For example, your strategy helped improve sales by 30 per cent. Use action words to describe how you contributed to the company's success.

Presentation is everything

If a hard copy is required, be sure the resumé is clean and printed on white regular letter-sized paper (8.5 by 11-inch). If an electronic version is called for, be sure to include links to your LinkedIn or other professional online profiles. And make sure spelling and grammar are perfect.

Make Every Word Count

Try to keep your entire resumé to one to two pages. Edit information that isn't necessary. For example, if listing personal interests does not somehow align with what's valuable to a potential employer, then leave them out.

The In-Credibility Factor



Alex Hyssen and his business partner Andrew Lenjosek agree that any successful business must start with a solid and supportive team dynamic. PROVIDED

Name: Alex Hyssen and Andrew Lenjosek
City: Toronto
Age: 23
Occupation: Co-Founders of Koge Vitamins



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

They had it all, successful careers, money and freedom. But Andrew Lenjosek gave up his job on Wall Street in New York and Alex Hyssen left his sales analyst job to start their own company. Their plan is to simplify the vitamin buying experience while dramatically reducing prices for consumers. Putting their life savings into the venture, they are ready to launch and the early buzz has this start-up ready to explode out of the start-up gate.

We knew we were on our way...

"When we launched our social media campaign," says Lenjosek. "Within two weeks, our outreach added more than 10,000 people to our sign-up list through our website landing page. We received dozens of emails from people who expressed support for our cause — a few even asked us about investing and/or joining the team!"

Hyssen adds, "The initial reaction of all of these people, particularly people

we had never met before, proved to our team that our goals were desirable and absolutely within reach, and that we were on track to achieving them."

Action Plan:

Focus on what you're passionate about.

It's hard to find the courage to "veer off the path" and start a company from scratch when all of your friends are working in safe and stable professional jobs. When you've grown into a fully operational company, you certainly won't look back and regret taking a chance on something you believed in, even if the ride was bumpy.

Choose your partners wisely

You're going to be "married" to the people you start your company with, so getting along is a must. Pick individuals you trust and who you believe are honest. Your partners need to be willing to put everything on the line, work extremely hard and be just as determined as you in order to succeed.

Be resourceful

Reach out to everyone you know, make the choices that add the most value and focus on testing your concept before you start to unload the big bucks on features that aren't critical.



Andrew Lenjosek. PROVIDED



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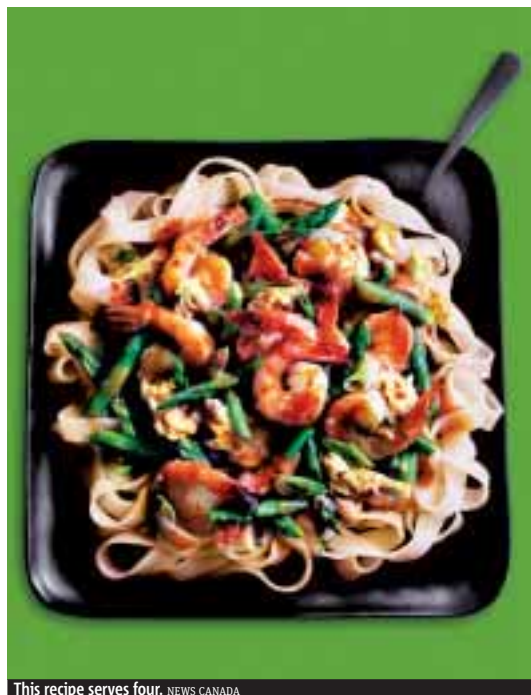
ScholarshipsCanada.com/DreamBIG



With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!

SCHOLARSHIPSCANADA.com

Tangy Shrimp, Asparagus and Egg Stir-fry beats takeout



This recipe serves four. NEWS CANADA

Why not break out of the typical weeknight routine and wow your family with a simple and delicious Asian-inspired home-cooked meal that takes very little effort?

With just a handful of ingredients, you can create an impressive dish bursting with exciting flavours.

The tangy Asian-inspired sauce mixed with fresh vegetables will make you swear off takeout for good.

To avoid overcooking the shrimp, make sure they are still undercooked before adding the eggs.

1. In a large non-stick skillet, heat the vegetable oil

over high heat. Add the cut-up asparagus and stir-fry for 4 minutes; add the thawed shrimp and cook while stirring for 3 minutes.

2. Lower the heat, add lightly beaten eggs and them let set slightly without stirring, about 1 minute.

3. Break up the eggs with a spatula, pour in the stir-fry sauce, green onions and stir to heat the mixture through, another 2 minutes.

4. Serve on cooked rice or noodles. **NEWS CANADA/ VH SAUCES**

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes

- 2 tbsp (30 ml) vegetable oil
- 2 cups (500 ml) asparagus pieces, cut into 1-inch lengths
- 1 lb (500 g) peeled medium-sized shrimp, thawed

- 2 eggs, lightly beaten
- 1 jar (355 ml) VH Szechuan Stir-Fry Sauce or the General Tao Stir-Fry Sauce
- 1/2 cup (125 ml) finely sliced green onions
- 1/2 lb (250 g) rice noodles, cooked as directed on package

Healthy eating

Choose it and lose it

Canned tuna offers a fix for a quick bite. But not all tuna is created equal when it comes to calories and fat content.



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rosereisman.com

Spicy Thai canned tuna on a whole wheat bagel

490 calories / 13 g fat

Read the ingredients carefully on individual meal cans as they differ, usually due to more oil. The bagel alone has more than 300 calories.



Equivalent

One Spicy Thai can of tuna on a whole wheat bagel is equal in calories to five spicy chicken tenders (battered) from Popeye's.



Tomato and onion canned tuna on a whole wheat English muffin

200 calories / 3 g fat

This variety contains less oil and an English muffin has only 100 calories.



BREAKFAST • LUNCH • CATERING

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-Urbanspoon review

NATHAN'S DETROIT'S
Sandwich Pad

Richardson Centre Concourse
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This isn't grandpa's Reuben sandwich

The legendary Reuben of yore was built on corned beef, but this recipe swaps it out in favour of smoked salmon. And while it holds fast to the classic version's melted cheese, it loses the untoasted rye bread in favour of a grilled panini.

1. In a small bowl, combine the mayonnaise, chili sauce, pickle and lemon juice. Season with salt and pepper to taste.

2. Spread one side of each slice of bread with some of the dressing. Arrange half of

Ingredients

- 1/4 cup low-fat mayonnaise
- 2 tbsp chili sauce (the kind served with shrimp cocktail)
- 2 tbsp finely chopped dill pickle
- 1 tsp lemon juice
- Kosher salt and black pepper
- 8 slices rye bread
- 4 oz thinly sliced Gruyere, fontina or Swiss cheese
- 4 oz thinly sliced smoked salmon
- 14 1/2-oz can sauerkraut, drained, rinsed and gently squeezed to remove excess liquid
- 2 tbsp extra-virgin olive oil



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

the cheese on 4 of the slices. Divide the salmon, sauerkraut and remaining cheese among the cheese-topped slices of bread and top each with one of the remaining bread slices, spread side down.

3. In a large skillet over medium, heat the oil until hot. Add the sandwiches and something heavy (such as a

cast iron skillet, flat saucepan lid, or heat-safe plate and a weight such as a can of food) to firmly press the sandwiches down. Cook for 6 minutes per side, or until golden and the cheese has melted. Cut each sandwich in half and serve right away. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

NHL

Oilers stop 5-game slide

Magnus Paajarvi scored a go-ahead short-handed goal with 3:10 remaining and Devan Dubnyk made 39 saves as the Edmonton Oilers snapped a five-game losing streak with a 3-1 win over the Blue Jackets on Sunday night.

Sam Gagner scored into an open net and assisted on the game-winner, and Ales Hemsky scored in the first period for Edmonton, which still has earned points in four of its last six.

R.J. Umberger scored his first of the season to tie it in the third for Columbus, which lost its third straight despite outshooting the Oilers 40-14 overall and 15-3 in the third period.

Dubnyk, tracking the puck well all game, particularly on Columbus' seven power plays, looked poised for his fifth career shutout until Umberger broke through.

THE ASSOCIATED PRESS

NBA

James stays hot for Heat in win over L.A.

LeBron James scored 32 points on 12-for-18 shooting in a record-setting show, Dwyane Wade scored 30 and the Miami Heat beat the Los Angeles Lakers 107-97 on Sunday for their fifth straight win.

It was James' fifth straight game with at least 30 points, a franchise record. He also joined Adrian Dantley (1979) and Moses Malone (1982) as the only NBA players to score at least 30 and shoot at least 60 per cent in five straight outings, the team said.

Kobe Bryant had 28 points and nine assists for the Lakers.

THE ASSOCIATED PRESS



Montreal Canadien Max Pacioretty, right, shows his arm to a referee following an incident with Toronto Maple Leaf Mikhail Grabovski as Canadiens goalie Carey Price looks on Saturday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Will NHL bare teeth at Maple Leafs forward?

NHL. Disciplinary hearing set for Mikhail Grabovski over alleged biting incident

Quoted

"I'm very confident (he didn't bite Pacioretty). The bottom line is, it has to be conclusive."

Toronto Maple Leafs coach Randy Carlyle, on an alleged biting incident involving Leafs forward Mikhail Grabovski.

Mikhail Grabovski seems to have given hockey fans and the NHL something to chew on.

The Maple Leafs forward got a one-day reprieve when his hearing with NHL disciplinarian Brendan Shanahan over an alleged biting incident was delayed.

Grabovski and Shanahan will discuss over the phone on Monday — scheduled for 11 a.m. — just what happened Saturday in the third period when Montreal's Max

Pacioretty grabbed Grabovski from behind and twisted his head. Grabovski responded by appearing to chomp on Pacioretty's arm.

No reason was given for the delay — it was originally scheduled for Sunday — but the league is certain to come to a decision before the Leafs play the Philadelphia Flyers on Monday evening at the Air Canada Centre.

Grabovski could be suspended or fined, or both. Nei-

ther Grabovski or Pacioretty spoke after the game, nor did Grabovski speak to reporters after Sunday's practice at the MasterCard Centre.

Twitter sunk its teeth into the bite debate, adding another layer to Toronto's historic rivalry with Montreal, as supportive Leaf fans incited Montreal fans with hashtags like "#Biteme" and "#Free-Grabbo."

"Sore losers, simple as that," tweeted one.

Grabovski, a former Hab, has left his mark on this rivalry. He is frequently targeted by Montreal players — the Leafs accused Brandon Prust of cheap-shooting Grabovski on Saturday night — and routinely jeered at the Bell Centre.

"This shouldn't be happening," Habs defenceman Josh Gorges said of the alleged bite. "Drop your gloves, fight, stand up for yourself."

The Leafs defended Grabovski, saying they didn't see the alleged bite, but adding he was provoked.

"I don't know what happened," said Leaf defenceman Mark Fraser. "It's the game ... in the heat of the moment guys react differently."

TORSTAR NEWS SERVICE

Raptors bench answers Casey's wake-up call



Toronto Raptor Alan Anderson slaps the ball away from New Orleans Hornets forward Ryan Anderson in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

When Raptors coach Dwane Casey issued a challenge to his second unit during half time, the message wasn't lost on John Lucas.

The backup point guard scored 10 of his 19 points in the fourth quarter as Toronto defeated the New Orleans Hornets 102-89 Sunday.

Casey wasn't pleased to see an 11-point Toronto lead in the second quarter quickly erased as the Hornets went on a 10-0 run with the Raptors' second unit on the floor.

"We struggled a little bit in the first half where the second unit gave up a lead," Casey

On Sunday

102

Raptors

89

Hornets

said. "I challenged them about coming in and being ready to play, perform; you can't play your starters 48 minutes, and they came in and performed in the second half."

Alan Anderson added 11 off the bench as Toronto (19-32)

won its second straight and improved to .500 at the Air Canada Centre this season (13-13).

"He just called us out point blank, called us out and that's what we needed, a wake-up call," said Lucas.

Rudy Gay had a game-high 20 points and Kyle Lowry added 14 points and 10 assists.

Gay, who came in averaging 24.3 points since his trade from Memphis, became the first Raptor to have five straight games with 20-plus points since Andrea Bargnani (Dec. 28, 2011 — Jan. 4, 2012) last season.

THE CANADIAN PRESS

Soccer. Ronaldo looks to steal show versus Man U

As a player who relishes being centre stage, Cristiano Ronaldo will be in his element this week when the Champions League resumes with a blockbuster last-16 match between Real Madrid and Manchester United.

United transformed Ronaldo from a prodigiously talented yet hit-and-miss winger to one of football's most devastating goal-scorers in his six years in the Premier League.

He has blossomed even further since his world-record transfer to Madrid in 2009, leaving United manager Alex Ferguson with the unenviable task of taming the player he nurtured into one of the world's most complete footballers.

Ferguson has been showering his former protege with praise in the build-up to Wednesday's match and, as a self-

Quoted

"He's beaten all the records there ... He is indelibly printed in their history now. Ronaldo is pivotal to everything they do."

Alex Ferguson on his protege Cristiano Ronaldo's role with Real Madrid.

confessed regular watcher of Madrid's matches, will have seen Ronaldo score a 20th hat trick for the Spanish giants in a league win over Sevilla on Saturday.

"(Zinedine) Zidane was a fantastic player, (Luis) Figo was a fantastic player, but not as good as Ronaldo," Ferguson said, comparing Madrid greats of the past decade.

THE ASSOCIATED PRESS

Skiing

Vonn surgery 'went well,' source claims

Lindsey Vonn had surgery on her right knee that "went well" after she shredded two ligaments during a crash last week at the world championships, according to a person

with knowledge of the situation.

The person spoke to The Associated Press on condition of anonymity.

Vonn tore her anterior cruciate and medial collateral ligaments last week in Schladming, Austria. She also broke a bone in her leg.

THE ASSOCIATED PRESS

Manitoba's Birchard taken down in junior girls final



Manitoba skip Shannon Birchard watches her shot during the semifinal match against Ontario at the M&M Meat Shops Junior Curling Championships in Fort McMurray, Alta., Sunday. Birchard lost to Manitoba's Corryn Brown 6-3 in the final. MICHAEL BURNS PHOTOGRAPHY/MARK O'NEILL/THE CANADIAN PRESS

Curling. B.C. wins first gold at Canadian championship since '87

Corryn Brown's Kamloops team defeated Manitoba's Shannon Birchard 6-3 on Sunday night to win the women's Canadian junior curling championships.

Brown's team of 17-year-olds — third Erin Pincott, second Sam Fisher and lead Sydney Fraser — will represent Canada later this month at the world juniors in Sochi, Russia.

It was B.C.'s first gold medal at the tournament since 1987, when Julie Sutton won her second straight with a victory in Prince Albert, Sask.

It was a tight first five ends, with B.C. taking a 1-0 lead with a single point in the fourth when Brown made an open hit while looking at three Manitoba counters.

Birchard responded in the sixth when she made a cold draw to the four-foot to score two and take her first lead of

the game.

But B.C. answered back in the seventh as Brown made a spectacular triple takeout to score three and take a 4-2 lead.

In the eighth end, Birchard was looking at five B.C. rocks in the rings, but coolly drew to bite a piece of the button to score one and cut Brown's lead to 4-3.

Brown made an open hit for a single in the ninth to restore her two-point lead.

In the 10th, Birchard had a runback double takeout to score two and force an extra end, but the rock jammed, giving B.C. a steal and the victory.

It was the second straight year that Winnipeg's Birchard has finished second at the Canadian juniors. Playing with lead Mariah Mondor, she lost last year's final to Alberta's Jocelyn Peterman at Nanaimo, Ont.

Her team this year was rounded out by third Nicole Sigvaldason and second Sheyna Andries.

Manitoba's Matt Dunstone won the men's final on Saturday.

THE CANADIAN PRESS



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or visit specialolympics.mb.ca



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Horoscopes

Aries

March 21 - April 20

Act with restraint today, even though someone you have dealings with deserves to be criticized. If you react too aggressively your words could have consequences you will not enjoy. Keep those sarcastic remarks to yourself.

Taurus

April 21 - May 21

There is no point chasing after something too eagerly today, because the planets warn you are unlikely to catch up with it. Pretend you are not too bothered whether or not you get it – then you won't be disappointed.

Gemini

May 22 - June 21

You may be in the mood for fun and games (as usual) but those around you don't seem to be in the mood to play. How frustrating. Just this once it looks like you will have to entertain yourself.

Cancer

June 22 - July 23

Someone may try to intimidate you today but you must not let them see they are getting to you. Fortunately Cancers are very good actors, so make like you don't care and they will leave you alone.

Leo

July 24 - Aug. 23

A battle of wills is likely. What you want to do is at odds with what a loved one wants to do. So what is the answer? Go your own ways and do your own things. You don't have to do everything together.

Virgo

Aug. 24 - Sept. 23

Venus, planet of values, is linked to Saturn, planet of limitation, so most likely you will be prevented from doing something you want to do. By the end of the week you will realize it actually worked in your favor.

Libra

Sept. 24 - Oct. 23

Don't waste time arguing about who thought of something first – you should be pulling together and making it work. It does not matter where ideas come from, it matters only what you do with them.

Scorpio

Oct. 24 - Nov. 22

The important thing today is that you stay in control of your emotions. If you let other people get under your skin bad feelings could escalate quickly and there is no telling where you might end up. In the cells overnight?

Sagittarius

Nov. 23 - Dec. 21

There are so many ideas running through your head that it's getting confusing. What you must do is sit down with a pen and notebook and write them all down. Only then can you start to make sense of your life.

Capricorn

Dec. 22 - Jan. 20

Although you generally like things to stay as they are what happens today and over the coming week will remind you that nothing in life is permanent – and that's a good thing. Change works for you, so embrace it.

Aquarius

Jan. 21 - Feb. 19

If someone you are fond of is moody and uncommunicative today don't try to push them. Give them the space they need to work out their problems and by this time tomorrow they will be bubbling again.

Pisces

Feb. 20 - March 20

A project you had high hopes for has not worked out so well, which is disappointing, but don't be too unhappy about it. What did it teach you? There is always something you can carry on to the next task.

SALLY BROMPTON

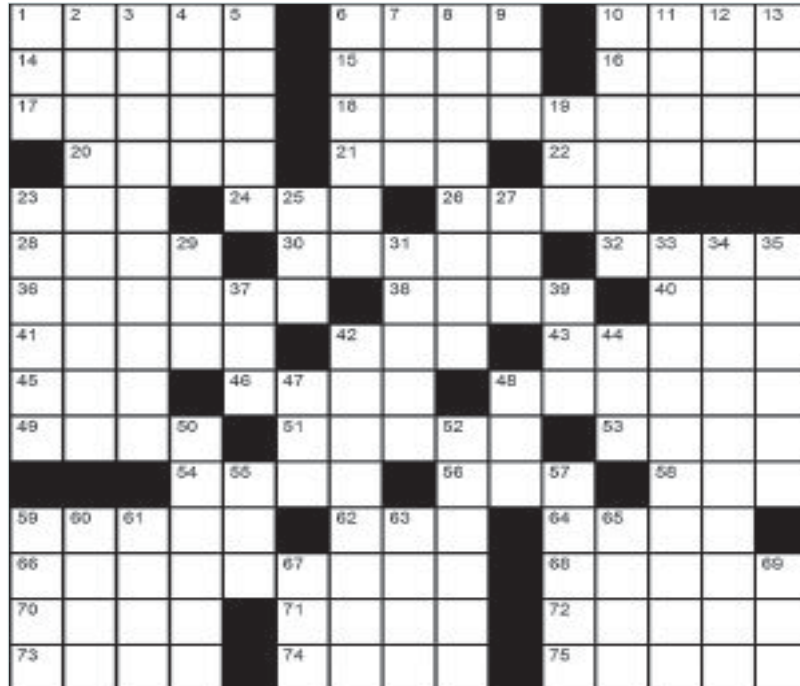
Crossword: Canada Across and Down

Across

1. Quebec's __ Peninsula
6. Vogue and People, for short
10. The Grapes of Wrath family
14. Three: French
15. Film director Mr. Petri
16. Greasy
17. Dazes
18. Nova Scotia university
20. FOX musical dramedy
21. Geog. feature
22. Apprehension
23. Nuke
24. "Making Plans for Nigel" band
26. Business subj.
28. Util. bill
30. "One __ (the Body)" by The Rolling Stones
32. Spheres
36. Woolly camel-like animal
38. Lawyers, for short
40. Granola bit
41. Cartoon skunk Pepe: 2 wds.
42. 'Advert' suffix
43. Beatrice Arthur sitcom
45. Metal-bearing mineral
46. Royal Canadian __
48. Quandary
49. Ms. Banks
51. West: French
53. Ex-ruler of Iran
54. Connect
56. Pas' partners
58. Duran Duran hit
59. "Hang Ten" singer
62. Moo __ pork (Takeout dish)
64. Coconut fibre
66. Northwest Passage searcher, Sir Martin __
68. Mr. McDowall of movies
70. Ms. Hatcher
71. Territory
72. Close by, to a poet
73. Director Mr. Mendes, and others
74. Li'l instruments
75. Busey and Sinise

Down

1. Lettered Mustang cars
2. AGO = __ of Ontario

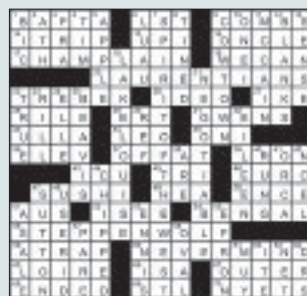


3. Albert Schultz is the Founding Artistic Director of this Toronto theatre company
4. Tree type
5. County in England
6. Renaissance family of influence
7. Regrettably
8. Razors brand
9. Fifth music note, variantly
10. Reporter, for short, Brit-style
11. Van Gogh's Bank of the __ at Auvers
12. Et __ (And others, in Latin)
13. Tinted
19. Prefix with 'meter'

23. Fanatic
25. 1996 Snoop Dogg album: ' __ Doggfather'
27. Cottage bed
29. Flight simulators co. headquartered in Saint-Laurent, QC
31. Flavour
33. Saskatchewan player
34. Covering up with a hat reason: 3 wds.
35. Prefix to 'scope'
37. Uniquely-spelled mountain basin
39. Clothing sizes letters
42. Stone land marker of the Inuit

- to guide Arctic travellers
44. Three-toed sloths
47. Suffix to 'Opt'
48. Harper Valley, e.g.
50. Courtroom cover stories
52. Blue cartoon creatures
55. Pasta names suffix
57. Neck, slang-style
59. Terrestrial stage newts
60. Ms. de Matteo
61. Earth crawler
63. Present
65. Charlie Chaplin's last wife
67. Actor Mr. Townsend, to pals
69. 12-month periods

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -9°
MIN: -12°

TUESDAY



MAX: -3°
MIN: -7°

WEDNESDAY



MAX: -1°
MIN: -18°



JENNA KHAN
WEATHER SPECIALIST

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Sienna LE AWD**

**2008 Dodge
Caliber SRT 4**

**2010 Subaru
Impreza AWD**

**1997 Subaru
Legacy GT AWD**

**2007 Mazda 6
GS SPORT**

**2010 Subaru
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and sunroof.
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SALE PRICE
\$17,240

SALE PRICE
\$15,990

SALE PRICE
\$12,947

SALE PRICE
\$15,970

SALE PRICE
\$5,990

SALE PRICE
\$8,920

SALE PRICE
\$17,320

SALE PRICE
\$26,971